

Fashions



HER PAGE



Household



Problems

Sister Mary's KITCHEN

In the kitchen of her own home Sister Mary cooks daily for a family of four adults. She brought to her kitchen an understanding of the chemistry of cooking, gained from study of domestic science in a state university. Consequently the advice she offers is a happy combination of theory and practice. Every recipe she gives is her own, first tried out and served at her family table.

Two thousand years ago Cato affirmed that the cabbage cured all diseases and that by eating it the Romans might live in health for 600 years—Roman years.

Today we know that cabbage is rich in minerals; iron, sulphur and phosphorus. These minerals are necessary to the worn-out body tissues and by eating cabbage we supply them in a very simple way.

There are four common kinds of cabbage, drum-head, sugar-loaf, Savoy and purple. Some variety is always in market. The Savoy is best for boiling, drum-head and purple for salads. Drum-head is usually cheaper than purple or red cabbage.

Uncooked cabbage is more easily digested than cooked.

Menu for Tomorrow.
BREAKFAST—Oranges, bacon, potato cakes, toast, coffee.
LUNCHEON—Baked eggs, radishes, bread and butter, graham wafers, tea.
DINNER—Knuckle of veal—ragout, browned potatoes, shredded cabbage with peppers, bread and butter, molded peas, sponge cake, coffee.

My Own Recipes.
If the cheaper cuts of meat are properly cooked they are delicious and a welcome change from the usual chops and steaks. As variety is said to be the spice of life, let us strive for variety in our dinners and gain a little "spice" there.

BAKED EGGS.
4 eggs.
2½ tablespoons grated cheese.
2½ tablespoons dried bread crumbs.
2 tablespoons butter.
1 teaspoonful butter.
Salt and pepper.
Butter four ramequins or baking cups. Put parsley, salt and pepper in each. Break in eggs, cover with cheese and bread crumbs. Add a dot of butter on top. Bake five minutes.

KNUCKLE OF VEAL RAGOUT.
Knuckle of veal.
1 onion.
1 head of celery.

Our old friend, the ultimate consumer, is mostly ultimate these days!

Mary

Confessions of a Bride

Woman Depends On the Sex Appeal to Make Marriage Smooth, Is There No Other Way?

It's a wise husband who knows how to wait until his wife begins to blame herself for a quarrel. A normal loving woman will arraign herself, eventually, as surely as she will weep while doing it. It may be a false standard of conduct, and as unfair to herself and her sex as the double moral standard—but it is just as human.

I blamed myself thus, as I learned my dearest head against the closed door of my husband's chamber:

"It wasn't, after all, Bob's fault. Katherine Miller had wanted to promote dissension between Bob and me. I had seized the chance to doubt my man. I had fallen for that girl's scheming!"

She whom I had believed to be only a rather stupid beauty, had "put it over" me!

The last ounce of my pride crumbled under the pressure of that had thought. I got up and opened the door. My husband's room was dark. Touching the familiar furniture, I groped to the bed, knelt by the pillow, and felt softly for the L-shaped wear upon Bob's jaw.

"Bob!" I whispered. "Bob!"

"Well," came the short inquiry, so

suddenly that I jumped.

"Have you been asleep?"

"No!"

"Why didn't you open the door?" I asked.

"It wasn't locked!" Bob said. And well I knew that he was reminding me that I had locked my own door against him. "And I haven't slept. Who could sleep a night like this?"

So, once more, I had been wrong about my husband! I had grieved and raged—over nothing! Once more I had been eager to think the worst about my man—unless staying awake and denying me was not just as dreadful as going to sleep and ignoring me!

At any rate, I had let myself in for more trouble than I expected. Perhaps I had gone too far, for I knew perfectly well that Bob had some very fine theories about love and marriage and one of them was that it isn't honest to cure a spiritual hurt by a caress.

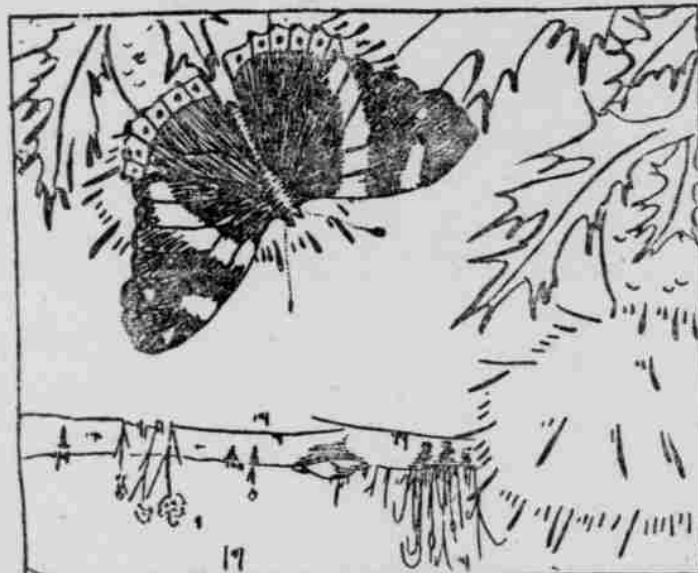
"Husbands and wives will never stay lovers to the end of their lives until they learn to be as honest with each other as men are." So Bob had argued when we were first engaged.

Now he was living up to his fine theory, while I relied on the sex appeal to cure our differences of opinion.

And I didn't seem to have any other

THE MAY-FLY WHO CAN LIVE ONLY ONE DAY

BY GLADYS CLEONE CARPENTER
The Red Admirable Butterfly was keeper of Thistle Inn



"You see," the May-fly began, "when I emerged from the egg it was three years before I changed into a fly."

"Three years!" exclaimed the Painted Beauty.

"But I don't understand," Peggy said in a perplexed manner. "Isn't a fly always a fly?"

"Mercy, no!" replied the May-fly with scorn. "An insect is first a larva."

"Where did you live?" the Painted Beauty inquired.

"I lived in a hole in the bank of the creek. When I grew older, I had cases to keep in my wings in."

"Did you have a chrysalis like the one we make?" the Mourning Cloak asked.

"No, we never do that way. We just change slightly and split our skins when we are ready to fly. This morning I came to the surface of the water and split my skin which changed me into a sub-imago, or half perfect condition. Two or three hours later, I split by skin again, and then I looked as I do now."

"I suppose then," said the Mourning Cloak, "you and the dragon-fly went hunting together?"

"No," contradicted the fly. "You are wrong about that. I shall never eat again."

"Never eat again?" exclaimed Peggy. "But, if you can't eat, how can you live long?"

"Who said he could?" asked the dragon-fly.

"No," said the May-fly. "I can't live long; only one day—and it is already half gone."

"That is the reason he is called day-fly as well as May-fly," the dragon-fly explained.

"Let a celebrate or do something so the May-fly can have a good time today," Peggy suggested, clapping her hands.

"Wait, come on, everybody," said the dragon-fly. "We'll go down to the creek."

"Wait," called the Painted Beauty. "Here comes the Red Admirable butterfly. He's kept of Thistle Inn and I want you all to meet him."

Idaho Next to Ratify Amendment

Idaho is the next full suffrage state to get in line for ratification of the federal suffrage amendment through the calling of a special session.

Gov. D. W. Davis has announced to Miss Margaret Roberts, chairman of the League of Women Voters, representing the National American Woman Suffrage association in Idaho, that he intends to call the legislature in special session either in November or December for the sole purpose of ratifying the federal suffrage amendment.

Seventeen states have already ratified the amendment. Idaho will be the eighteenth, unless some of the other states which are scheduled to have special sessions should take action earlier in November. Of these states, eleven have already ratified the amendment. Eleven have republican governors and seven have democratic.

Mrs. Carrie Chapman Catt, president of the National American Woman Suffrage association has started on a western trip in the interests of the federal suffrage amendment.

NO REASON FOR SUGAR TROUBLES NOW—NEW SUBSTITUTE ENDORSED

By Bakers and Candy Makers As Superior to Sugar for All Cooking—Breweries Converted Into Malt Sugar Sirup Factories

WASHINGTON, D. C.—Malt sugar sirup is a brand new sweet which has arrived on a commercial scale at the psychological moment to relieve the sugar shortage, say the specialists of the bureau of chemistry, United States department of agriculture, who have investigated substitutes for sugar.

In addition to being a sweet, malt sugar sirup has a delicious flavor, somewhat resembling that of honey, which adds much to its palatability and value as a sugar substitute.

What it is

While malt sugar has long been known to chemists, its production on a commercial scale is only beginning.

Two factors have stimulated its production recently. The shortage of sugar has developed a market for it, and the recent prohibition law has made available both the raw material and the machinery needed for its manufacture.

Malt sugar sirup is made from the same grains as beer and may be made from corn or potatoes or any plant containing starch. Barley, which was used until recently in the manufacture of beer, can be used now to produce malt sugar sirup.

Breweries Make It

Breweries, with very little change, can be used and are now being used

Have At Least One Fichu



By Betty Brown
NEW YORK—Among the quaintly out-of-the-ordinary things sought by New York women to individualize their frocks are fichus.

Ordinarily, not George and chignon, plain, ruffled, with lace and without, all sorts are being shown in the shops and all are equally attractive, for no finish has a more softening effect about the throat than sheer and dainty folds.

The one sketched today is of George, finished with an inch and a half ruffle pleated at the edge. It ties in a soft knot with short ends.

Many of the latest fichus are long enough to reach the waistline. Some of them are so fashioned as to make a sort of combination vest and fichu. But long or short, every woman should have at least one of these dress accessories in her top bureau drawer, for nothing will change the looks and freshen up an old dress so quickly.

WOMEN MAIL CARRIERS

The first woman in the rural mail service in Nebraska and one of the first in the United States is Miss Ruth Kenyon, who for 17 years has regularly covered a 28-mile route out of Monroe, Neb.

DRUGGED CHICKENS MISSING

(Minneapolis Tribune)
Fifty chickens were stolen from the coop of J. P. Johnson at Wayzata Lake, Minnesota, Thursday night by a thief, who, in order that he might not arouse the owner, drugged the fowls, according to a report made to the police yesterday.

DEBTS OF WEALTH

(Dallas News)
As a general thing the people in the small houses haven't any idea how much folks in the large houses owe.

A bride in Korea speaks not at all the first day of married life.

for its manufacture. Up to a certain point the process for making malt sugar sirup is the same as the process for making beer.

Malt sugar sirup looks very much like maple sirup. It can be used for everything that cane sugar is used for. While its use on the table may not be quite as convenient as sugar, it is a most excellent substitute for table use, when sugar is not to be had, as it not only provides sweetness but is equal to sugar in food value.

Tested By Bakeries

Malt sugar sirup, at the request of the government, was tested out by commercial bakeries, candy and soft drink manufacturers, who found it a perfect sugar substitute. It is now being sold in large quantities to such concerns and is preferred by them to granular sugar.

The wholesale price is from 7 to 10

THE BEAUTY OF BUTTE, MONTANA



BUTTE, Mont.—Miss Emma Harrington has been classed as the fairest girl seen in 50,000 miles of travel. The beauty judge is Col. King Stanley, old-time friend of Buffalo Bill, who has traveled the 20,000 miles in a tour of the United States.

PETER AND THE BOYS ARE CAUGHT

By the Story Lady
The boys had a surprise when they all met the next day at the Robinson house. For Mary Ellen and the twins had on evening. And their hair was tucked out of sight under boyish-looking caps.

Peter didn't like it one bit. But when he found out that it made no difference to the girls whether he liked it or not he decided that it was a very sensible thing to do. Mary Ellen looked like a boy but it was a great comfort to Peter to know that she wasn't one.

The girls each had a paint brush and it was also a surprise to the boys to see how well they could use them. The boys pulled the paint on the ground and on each other, but the girls finished their part of the fence before the boys did and went home to take off their overalls and shake out their skirts and smooth out their ribbons.

When the fence was gleaming white, Corry went home and got the lawn mower and he and Hal mowed the lawn while Mr. Henshaw and the rest of the boys carried sand over from the Henshaw house and made a sandpile for the three babies and put a swing under the big apple tree. Then Mr. Henshaw went home and the boys stayed to pick everything up. Just as they started they heard heavy footsteps and before they could get away the man of the house was glaring down at them!

HELEN CARPENTER MOORE

Better Than Sugar
While it is not likely that this new sweet will replace sugar for table use in normal times, it undoubtedly will make a place for itself in the household as it is doing in the manufacture of food products. It is an excellent, wholesome sirup, and on account of its delicious flavor, is superior to sugar for some purposes. In cooking and baking, and for making candy it is not only equal to sugar in convenience in food value but is even better because it will not so readily crystallize.

Putting Him Right
"You know, dearest, your dinner are not quite like my mother's was to be!"

"Yes, darling, your salary isn't anything like your father's was."—Sydney Bulletin.



Today! Try This Southern Plantation Recipe for Creole Molasses Candy:

BRER RABBIT OLD FASHION MOLASSES CANDY

Put one-quarter cup of butter in kettle, allow to melt over fire. Then add two cups of BRER RABBIT Molasses and about one-half cup of sugar. Stir to dissolve sugar.

When well cooked, stir constantly until, tried in cold water, candy becomes brittle. Before taking from fire add a teaspoonful of vinegar.

Pour into buttered pan. When cool enough, pull until it becomes light in color.

Cut in small pieces with knife or large shears and give the kiddies and grown folks all they want.

GOLD LABEL BRER RABBIT is the molasses that makes pancakes, waffles and biscuits taste so good. The kind that mothers spread on sliced bread for children.

Your grocer also sells Green Label BRER RABBIT. This is a specially selected molasses for cooking and baking.

Remember—the GOLD LABEL for table use and high-grade baking—the Green Label especially for baking. It costs less.



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Brer Rabbit NEW ORLEANS Molasses

Put it in the Cup Just as You Do Sugar—

THEN pour on boiling hot water—and the coffee is ready. Dissolves instantly. Strength regulated to suit taste by the quantity used.

Scientifically and perfectly prepared at our refinery, by Mr. Washington's refining process. Pure coffee—absolutely soluble—retaining all the delicious flavor and quality. No coffee-pot—no bother—no grounds—no waste.

G. Washington Sales Co., Inc.,

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